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No. 433
(Digest of Market Basket for June 5, 1940)

May 31, 1940

THE JELLY CLINIC

At jelly-making time, women used to cross their fingers and hope they would have good luck. Today _____, _____, _____, explains that there are definite rules to follow for each step in the jelly-making process.

(Name) (Institution) (Place)

Select good quality fruit that is fresh and firm. A mixture of ripe and slightly underripe fruit is usually best. Overripe fruits, especially raspberries and blackberries, are often low in acid. But they will make jelly if one tablespoon of strained lemon juice is added to each cup of fruit juice.

To know when the sirup forms jelly is important in cooking it the right length of time. The jelly test most commonly used is called "sheeting off." To make the test, dip a large spoon into the boiling sirup and lift the spoon so that the sirup runs off the side. Stop cooking when the sirup no longer runs off the spoon in a steady stream, but separates into two distinct lines of drops which "sheet" together.

If the jelly is not cooked long enough, it will be soft and runny. And if it is cooked beyond the point of jelly formation, it will become a gummy mass.

Sterilized jars, a perfect paraffin seal, and a cool and dry storage space will keep the jelly from molding or fermenting.

Full directions for homemade jellies, jams, and preserves are found in the Bureau of Home Economics publication, Farmers' Bulletin No. 1800F. This bulletin is available free through the United States Department of Agriculture, Washington, D. C.

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